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Serving The Black and Caribbean Community For Over 39 Years November 2001

THE UCA CEEBRATES INTERNATIONAL VEAR OF THE VOLUNTEER

"In 2001, Canadians will mark the International Year of Volunteers, a time to celebrate the achievements of Canada's everyday heroes." - Speech from the Throne, 1999.10.12

At the JCA, we have many heroes who dedicate themselves not only to the JCA, but to the community at large. In this edition, we feature two such individuals. As we celebrate our hardworking, committed and dedicated volunteers, we also look to the future, to ways of engaging more members of the Jamaican and Black community, particularly our young people in the ongoing struggle to lift the Organization and the community. On behalf of the Board of Directors, we salute you and say THANK YOU. The JCA and the community would not be where it is without you!

Daphne Bailey

Daphne Bailey was educated in Jamaica, and went to England to study

nursing in the early 1950's and became a State Registered Nurse and State Certified Midwife in England.

Upon her arrival in Canada, she obtained a Public Health Certificate and a B.A. from the University of Toronto, a Certificate in Gerontology from Ryerson Polytechnic Institute and a Certificate in Footcare, Micheners Institute of Applied Art and Science. As a Registered Nurse, she worked at the Brantford Hospital and Doctor's Hospital before spending 22 ½ years as a Community Health Nurse with the Victorian Order of Nurses.

Daphne has been a member of the JCA for over 30 years. She has served on the following Committees; Social, Building, Restoration, Women's as well as the Fundraising, in which she is currently serving.

Daphne was also Membership Chair where she started the JCA Annual Walkathon, which has raised a substantial amount
o f
money
for the
organiz
a tion
and has
worked
with the
B i n g o
gram for the
15 years.



Daphne is currently on the Advisory Committee of the North York Seniors Health Centre as a representative for the Black and Caribbean community. She served on the Advisory Committee on Senior's Issues for 6 ½ years working with various levels of government to put in place measures for the benefit of seniors.

Daphne has received several volunteer awards including an award from the Ministry of Citizenship & Culture. She has been a member of the Richview United Church and a Choir Member for the past 27 years.

(PHOTO 1)

Francelia Vassell, was recently appointed as the new Family Service Worker for JCA's Caribbean Youth and Family Services (CYFS). She is not a stranger to the Jamaican Canadian Association. Prior to this new position, Francelia was the Assistant for the Leaders In Partnership program. This is in partnership with 31 Division. The focus of this program is to teach

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JCA's web page/address - Web Site: www.jcassoc.com • E-mail: info@jcassoc.com

QUARTERLY MEETING

Sunday November 25, 2001 2:00 pm

Jamaican Canadian Centre 995 Arrow Road

For further information call JCA at (416) 746-5772

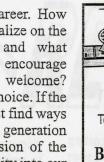
EDITORIAL

As Canada celebrates the International Year of the Volunteer, many organizations are looking at how the sector can be enhanced and improved. The Jamaican Canadian Association is an excellent example of how people have come together over the years to advocate on a number of issues of importance to our Community, celebrate the best of who we are as Jamaicans and lend a hand to various members of our Community. We have a dedicated core of individuals who have built, strengthened and carried the JCA to date.

However, there is another reality facing the JCA and many other Organizations in our Community. According to a recent study on volunteering in Canada, 'less than 10% of the population does three-quarters of all volunteer work.' As the concept of volunteering changes and the needs of our community increase, Black organizations, including the JCA, must now 'take the next step, to think anew about the organizational policies, practices, methods and approaches that support the volunteers who make such a huge contribution...' Additionally, we must look at ways of engaging non-traditional volunteers youth, men and women in their late twenties and early thirties who are

beginning a family and career. How can this Organization capitalize on the skills of these groups and what infrastructure is needed to encourage them and make them feel welcome? The reality is, we have no choice. If the JCA is to continue, we must find ways of reaching out to the next generation and incorporating their vision of the Organization and Community into our current and future plans.

On October 13 & 14 the Board of Directors along with various members held a strategic planning retreat to evaluate the recommendations from the 1997 retreat and set goals for the next few years. We are pleased to report that over 75% of the recommendations made at the 1997 retreat have been accomplished. The recommendations made at this recent retreat will be presented at the next quarterly meeting for the membership to discuss and take action. As we continue to move forward, let us embrace the changes that are necessary for our continued growth. 'The more innovative and respectful we can be in redesigning and redefining our relationships with volunteers, the more robust a volunteer culture we can build. This rethinking has the potential to radically revitalize the organizations that put thought into action, and to help each of them attain excellence in the achievement of their individual missions. For this reason alone it is important.'





995 Arrow Road North York, Ontario M9M 2Z5 Tel: (416) 746-5772 Fax: (416) 746-7035

Board of Directors:

Valarie Steele, President Claudette Cameron-Stewart, Vice-President Maxine Adams, Treasurer Errol Bonner, Acting Executive Director Hector Gray, Executive Secretary Pauline Reid, Membership Chair Adaoma Patterson, Public Relations Chair Barbara Thomas, Fundraising Chair Leon Sutherland, Building Chair Barrington Morrison, Education Chair Pam Powell, Women's Committee Representative Patrick Chambers, Youth Committee Chair Ruth Morris, Seniors Group Representative

Editorial Committee

Eunice Graham, Adaoma Patterson, Monica Mitchell, Carol Plunkett, Buelah Campbell, Claudette Cameron-Stewart, Gerald Paul, Michelle Blake

Newsletter Layout/Printing Tekno Printing & Grafix

Letters and submissions welcome. The Editorial Committee reserves the right to edit materials for length.

Blacks & Jews IN DIALOGUE

The Black/Jewish Dialogue invites you to come out and participate

Sessions are held monthly

PLEASE CALL FOR DATES AND LOCATIONS CALL 416-633-6224 EXT. 112 FOR INFO.

JAMAICAN CANADIAN Association

those who need it in Canada and around the World

Please continue to support this fund by donating to ROYAL BANK ACCOUNT Number 107-651-2. Transit Number 06702-003 or directly to JCA at 995 Arrow Road, Toronto, Ontario M9M 2Z5, Tel: (416) 746-5772



I sincerely hope that you had a wonderful summer holiday and now that the fall season is upon us, you will be gearing up for the festive season. If you are one of the lucky few that are snowbirds, have a wonderful period of warmth and fun in the sun. Travel safely.

Turbulence in our Community: It continues to be a very busy time for all. We are still meeting with our community and other community organizations to try and stem the tide of violence that continues to visit us on a regular basis. Although the violence is continuing sporadically, we are very hopeful that what we are doing will assist in stemming the cycle of violence. Seeking remedies to heal our community is almost Herculean and the task is not for the faint of heart, but we journey on.

So many of our community members have worked tirelessly for the uplifting of the Black community and had they not kept on doing so, the crisis would be a larger one. To those community members, we say thank you. We are not trying to reinvent the wheels you have put in place, just working to enhance and invigorate them.

We have met with a number of politicians at the federal, provincial and municipal level. Other meetings are planned and we are in the process of writing to all of the three levels of government to engage them in our struggles. As you are already fully aware, some of them have been totally silent on our crisis even though they are elected in some of the most impoverished areas of our community. We are setting out to engage them whether they like it or not.

Hate Website: We are currently in

President's PEDOP By Valarie Steele

partnership with another community organization to bring to the attention of the Hate Crimes Unit of the Toronto Police Services a site that promotes more hate and stereotypes of our community. We intend to keep a close eye on how we are portrayed in the media and on the Internet. If you have strengths in these areas, please come and join us.

GOLF TOURNAMENT: Our Second Annual Charity Golf Classic was a resounding success. There was a 50% increase in participation over last year and the reception that followed was absolutely wonderful. We also made a profit this year. For more details on this very successful event, please visit our Website: www.jcassoc.com. To our sponsors, THANK YOU and we encourage you to support them.

THANKS to our Golf Committee for their tireless effort in making this event so successful. A special thank you to Mr. Alvin Ffrench, Chair of this year's event and Ms. Erma Collins for her administrative skills. Mr. Ffrench has stepped down as chair of the 2002 Golf Tournament and we welcome Mr. Karl Killingbeck as our new Chair.

2002 Golf Tournament: Our 3rd Annual Charity Golf Classic will be held on August 17, 2002 at Cardinal Golf Club in Kettleby, followed by a reception at the JCA Centre. Please mark this date on your calendars.

Retreat: The JCA retreat was held on October 13 and 14, 2001. It was an excellent group of some of JCA's brightest and we accomplished a great deal. Further information on this will be forthcoming. We thank those who participated; we could not have done it without you.

The Toronto Raptors: As you might have seen, the north end of the parking lot is marked for basket-ball. As I mentioned in our previous newsletter, our Mr. Byron Carter was instrumental in

getting us linked to the Raptors. We received the equipment (they are portable) late summer and because of time constraints, we did not hold any clinics this year. However, next year, we are fully equipped to do so and the Raptors and Burger King will run the clinics. We know that our young people and those that are young at heart will enjoy this immensely. Many, many "Thank You's" to the Raptors Organization, Burger King and our Mr. Carter

Building: The parking lot is now complete, parking spaces marked and as you have seen, it looks very nice. The building committee is working very hard to keep the building in good shape and thanks again to Mr. Byron Carter and his crew (Leon Sutherland, Eric Malcolm, Doug Robertson, Ron Robinson, Neville Graham and Rudolph McFarlane) we have a brand new stage.

Flagpole: The flagpole drive that is led

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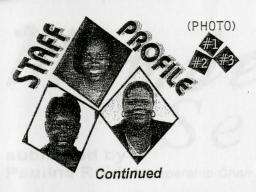


at the

Jamaican Canadian Association (JCA) Centre

to establish a Scout Movement. The Scout Movement will provide stimulating indoor and outdoor programs for young people from 5-26 years. Scouts Canada and members of the Canadian Armed Forces will provide the necessary training and guidance in operating the group. For further information, please contact

BARRY MORRISON at the JCA. **416-746-5772**



children ages 7-10 various social skills and appropriate ways of dealing with pressures.

Francelia obtained a degree in Psychology from the University of Windsor, and is currently enrolled in the Vocational Rehabilitation Certificate program at Seneca College.

"I am delighted to have been given the opportunity to gain different experiences and to help individuals and groups of Caribbean and African decent to help themselves. This experience continues to be challenging and enjoyable. There is no doubt that this experience will be a corner stone in the construction of my career path."

(PHOTO # 2)

Pamella Seaton-Brissett joined the Jamaican Canadian Association in September as a Family Services Worker. She comes to the JCA with many years experience as a Social Worker and Community Development Officer. She has worked as a Family Services Worker with the Ministry of Health (Children's Services Division), and the United Nations International Children's Fund (UNICEF). In addition, she has provided counseling to parents and youths.

At the JCA, Pamella will be the interface between the Caribbean Youth and Family Service Department and the community. Her responsibilities involve dealing extensively with the issues concerning children and parents in African-Caribbean communities. She is involved in community education, networking, training, outreach and systematic advocacy, case management/co-ordination and crisis intervention.

Pamella holds a Bachelors degree in Social Work (B. Sc. Hon.) from the University of the West Indies, Jamaica.

(PH0T0 # 3)

Pauline Peart-Blackwood was recently hired as manager of the Caribbean Youth & Family Services Department. She was born in Jamaica and immigrated to the U.S.A. as a teenager to reside with her parents. She completed high school, College and University in the U.S.A. Among her credits, she holds a Master of Science Degree in Counselling, a Specialist Degree in Public School Administration and Supervision and a Ph.D. in Administration & Higher Education. She is a professional with more than 25 years of collective experience in Program Management, Counselling, Administration, Education, Program Development, Equal Opportunity Advising, and Multi-Cultural Sensitivity Training. Pauline has an excellent record in the areas of administering programs for youth, training & development, interpersonal facilitation & presentation techniques. She is a highly motivated and goal oriented team builder, with strong general management and human resources experiences.

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AND THEY'RE IN THE CARIBBEAN,



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Membenship Services

submitted by Pauline Reid, Membership Chair

Since the last newsletter, the Membership Services Committee has been busy updating the records with pertinent information on our members. It is very important that JCA be kept informed of all changes of addresses and phone numbers. The lost revenue to the Association is exorbitant. Please contact us with your address and phone number changes.

The Seniors Brunch in October was a huge success with approximately 225 people in attendance. It was a fun filled afternoon with entertainment, food and lots of laughter. A big thanks to all the members who sponsored a senior!

Very special thanks to the people who helped to make this event a success. To Dr. Inez Elliston, our wonderful and eloquent guest speaker, our MC, Carol Charles, from CFTO TV, Jimmy Reid, Toronto's greatest reggae singer, who had the seniors on their feet, Litma Allen, for portraying the legendary Ms. Lou and, Yanique

Williams for performing the National anthems. Finally, to all of our hard working volunteers, thank you.

Annual Children's Christmas Party Sunday, December 9, 2001, 2-5 pm Registration began October 1; the last day to register is Friday, November 23 at noon. Space is limited and registrations will be accepted on a first come first served basis. This year registration is being done through the office only. Please call (416) 746-5772 to have forms mailed out to you or for more information. The cost per child is \$5.00; no money will be accepted at the door.





COME TO THE JCA ANNUAL



SATURADAY DECEMBER 1ST, 2001 9:00AM TO 4:00PM

ONE STOP SHOP FOR YOUR CHRISTMAS GIFTS

COSMETICS, JEWELERY, ARTS & CRAFTS, COOKWARE, CLOTHING, FOOD, VITAMINS ETC.

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TABLES AVAILABLE FOR RENT:

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PLEASE PHONE AND INVITE SIX OF YOUR FRIENDS!





On Sunday September 9, 2001 a group of 12 individuals represented the Jamaican Canadian Association at the Procter & Gamble Leaps and Bound 4K Walkathon. This marked the official kick off of the United Way's annual fundraising campaign in support of health and social services in our community. Over one million people in Toronto turn to United Way for help every year.

The JCA receives more than \$100, 000 a year from the United Way to help run our social service programs. It is always a pleasure for the Jamaican Canadian Association to

support all fundraising efforts put on by United Way. We encourage members to come out and support the walk and other events. The Walkathon is fun for the entire family and a great way to stay fit. We look forward to seeing all of you at next year's Leaps & Bound Walkathon.

Participants

Hector Gray, Valerie Steele, Errol Bonner, Nicole Vassell, Francelia Vassell, Joe Boateng, Ena Harrison, Eunice Graham, Amy Nelson, Bruce McDonald (absent from photo: Johnisha Butler, Hazel Vassell)

Are you Internet savvy?

Check out these web-sites

Www.jamaica-kidz.com

www.reggaejamaica.com

Www.careersjamaica.com

www.go-kingston.com

Www.radiojamaica.com

Celebrating the International Year of the Volunteer 2001

The Jamaican Canadian
Association is hosting a
Volunteer Appreciation
Afternoon
Sunday, November 18, 2001
2 - 5 pm
at the JCA Centre
For more information call
(416) 746-5772 x 0
Free refreshments
Cash bar

JCA

is now offering advertising at low rates.



THE OFFICIAL PUBLICATION OF THE JAMAICAN CANADIAN ASSOCIATION

has a wide circulation inside and outside the Caribbean Community.

For more information please call

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CRY JAMAICA

By Errol K.A. Urquhart

Above the blue Caribbean Sea
You rose with pride and majesty,
With lush green hills and waterfall
Echoing still the Arawak's call.
You never knew that far away
On wings of wind and ocean spray,
The mighty ships of Spanish flame
Were on their way to change your
name.

Rememberthis, Jamaica.

The Pirate gold of other lands Would lure away marauding bands But you endured the slaver's chain Of blood and sweat and sugar cane. Three hundred years no respite knew, You worked and wept and yet you grew,

Till where your ancestral blood was shed

You sang your freedom song instead. Yes, you survived, Jamaica.

Above the blue Caribbean Sea
You rose once more with dignity,
With lush green hills and waterfall
Echoing now the pheasant's call.
From many nations they had come
To make your paradise their home,
With creed and colour in warm

embrace

The ethnic rainbow of your race; Out of many, One Jamaica.

The hard contested cup of fame
Undauntedly you dared to claim,
Like an athlete poised to run a race,
Your exploits flashing in cyberspace,
The tenets of Better-Than-Good
Were your building blocks of
nationhood.

But you are now in the marketplace, Searching with tears for departed grace,

I ask you, why, Jamaica?

I do not know, I cannot tell, Just how or where the standards fell, But I miss the sounds I've loved so long

The echoes of your freedom song.
The voices of children singing sweet
Has gone away from city street.
And the stench of crime and violence
Has become a social pestilence
For you, I cry, Jamaica.

I heard the guns of hatred bark, Children screaming in the dark, Kinless blood and avenging fire Mixed like poison in the mire. A prayer to heal your wounded head, "Let Peace and Justice Reign", I said, But Justice trembled on the throne Will you die, Jamaica?

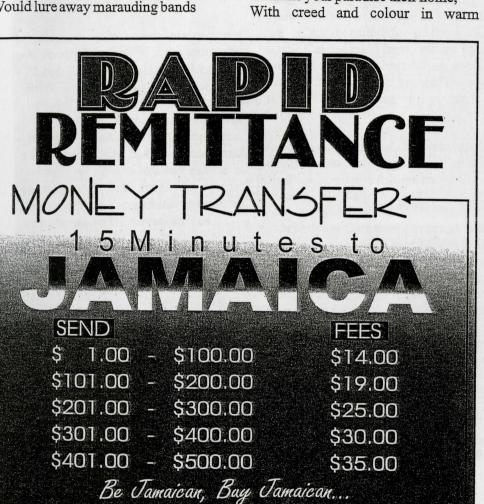
Above the blue Caribbean Sea
Your flag still flies defiantly,
And somewhere in the sombre sky
There's still a rainbow standing by.
Hear the immortal voices plead,
As shadows of the night recede,
"Lift up the standards, be brave and strong,
Positive your folded freedom as ""

Revive your faded freedom song!" Oh please comply, Jamaica.

Give me your children yet unborn, Let them be heralds of the morn; I'll catch them I their innocence, And teach them truth and excellence. They'll learn the precepts of their God,

And walk where heroes' feet have trod.

I, myself will never rest Until this land's the very best, For this is my Jamaica.



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Submitted by the JCA Women's Committee. TROCITIES AGAINST WOMEN

These are excerpts taken from a round table discussion on Atrocities Against Women, put on by the Women's Committee and presented by Theo Briscoe and Esther Marks (Committee members), on July 27, 2001.

When we celebrated International Women's Year in 1975, the topic was "Looking Towards the 21st Century, Full Recognition of Women as People", That meant it was a known fact that some women were still deemed as objects and properties. Very little stride had been made and a lot of work was still to be done in getting women to speak out against inequality, inaccessibility, physical, emotional and financial abuses.

We are now in the 21st century; women have only taken 'baby steps' since 1975. Atrocities are still being committed all over the world. Women are crying out but their sounds are being muffled through politics, culture and religion.

Female genital mutilation is being performed on some little girl as we speak, her cries of pain are piercing the air, and no one will help her because this horrible crime must be done as part of her culture.

Some women are denied an education or skills to get a decent paying job, they become slave labourers, eking out a meager living in places like sweat shops. Others are deemed high risk for a job or a bank loan, denied promotions and equal pay for equal work being done.

Under the guise of entertainment, the flashing neon signs read "Girls, women are being displayed as sex objects, placing them at high risk for abuse; some are being sold as sex slaves.

There have been a number of documentaries on North American men traveling to Asia and lying to young girls as to the type of work they are being recruited for in the U.S.A. and Canada. They often find themselves in brothels being used as prostitutes for these pimps, living in substandard housing and given very little money and food.

Girls as young as 14 years, their childhood taken away from them, they find themselves at the mercy of these men.

Recently on the news, we heard of this young woman in Nigeria who stated her father demanded she had sex with 2 men, her father was not punished. she was flogged publicly and humiliated scarred for the rest of her

Women are being tortured, raped and murdered, some in their own homes by their spouses.

Every woman has a right to live a life free from abuse, but abuse continues and some women find themselves trapped, lacking the awareness that what they are experiencing is a violation of their civil and human rights. They blame themselves, and walk around with guilt and shame, hiding their bruised and battered bodies and their emotional pain with excuses. They lack self-esteem. Disclosure of what they are experiencing is complicated by fear, ignorance and embarrassment.

Abuse of women occurs at all levels of society, in all races and cultures.

Michele Landsberg, Columnist Toronto Star, an advocate of women's rights, wrote recently in the Saturday Star's Life Column an article entitled "Secret Feminists Fight Tyranny of the Taliban."

"Picture the woman, shrouded head to toe in her blue burqa, peering at the world through a tiny mesh screen over her eyes. It's hot inside the burga. stifling, and hard to walk without tripping."

The facts about Afghanistan read like some post-nuclear horror film: A capital city reduced to rubble, children dving of cold and hunger, wild dogs ravening through the ruins and tearing at corpses, semi-literate bullies in power — a sort of fundamentalist motorcycle gang who wantonly attack and beat the cowering citizens. Especially women, of course."

No one has the right to control another person by threat, coercion, intimidation or misuse of power.

Constant attention must be given to atrocities that are being committed against women.

Governments must have deeper understanding on these issues and not place them low on the list of their priorities, hoping they will filter away like sand through an hourglass. They need to recognize the high price. women are paying in this changing world.

We all need to review our own attitudes and beliefs about atrocities that are being committed against women, then collaborate and address the issues, develop strategies in lobbying aimed at securing optimum economic and human resources from governments to assist in eradicating these injustices.

ARE WE OUR SISTERS' KEEPERS? Yes we are!!!

By Alton Telfer

We have come to that time of the year again when we fold up our swimsuits and pack our tanning lotions away. It is time to get our skis ready for the slopes and snowfall which is just around the corner. I hope you had a healthy and enjoyable summer even though there may have been days where it was too hot to be comfortable.

For many people, the summer of 2001 will be forever remembered for the tragedy that took place in New York and Washington on September 11. Our sympathy and condolences go to the families who lost their loved ones, or have loved ones still missing. To date, twenty Jamaicans are missing and three confirmed dead. Jamaica was one of the many countries that suffered human

loss due to acts of aggression.

On a brighter note, the JCA Annual Golf Classic held on August 18th was a tremendous success, yielding approximately \$8000. 144 golfers, an increase of approximately 50% from last year-- teed off at Cardinal Golf Course in Kettlby Ontario. It was an enjoyable afternoon and it got better when we all came back to the JCA Centre and were greeted by another hundred people including spouses and friends who waited to partake in the reception and prize distribution. Jaipaul Suknanan was the winner of the low gross for the second year in a row. Honourable mention went to Carmyn Abrahams, a visiting Jamaican-American who scored the lowest gross, 92, among the women. An increase in sponsorship and donor support, including 38 corporations and individuals was also quite gratifying for the organizers of the Tournament. I must convey a big thank you to our title sponsor Mr. Denham Jolly of Flow 93.5, the dinner sponsor, Mr. Ray South of Southport Data Systems, the cart

sponsor, Mr.Lucky Lankage of Grace Kennedy Foods Inc. and a Hole sponsor, Mr. Bert Kameka of the Jamaica Tourist Board. Our chairman Mr. Alvin French who worked very hard to take the tournament to this plateau, has now resigned for personal reasons. We regret to lose him at this time, however he will be around from time to time. Mr. Karl Killinbeck is the new Chairman.

JCA Christmas Grand Market: It is getting close to that time of year again when we start shopping for Christmas. Saturday, December 1, 2001 is a date to mark on your calendar. Last year was good but this year will be better. We are hopeful that CHRY Radio will again broadcast from the Centre on that day as they certainly help to bring in shoppers. You can also help in this regard by phoning six of your friends and get them to come out on that day.

Have a safe and comfortable winter!!!

President's PEPOPT Continued

by Messrs. Hector Gray and David Sinclair is going very well. Very soon our entrance will boast two flagpoles on which our flags will fly proudly. If you have not already done so, please send in your contribution c/o Mr. Gray. Thank you and thank you so much gentlemen for your effort.

THE CARIBBEAN SENIORS CLUB: Our Annual Seniors Dinner was very successful and a great time was had by all. Our seniors continue to support the JCA in a variety of ways. Their unwavering support makes us stronger and they have helped to make all of our events most successful. Thank you seniors, we appreciate all your help. NOTE: Our seniors go on many trips each year and we encourage you to support them, their trips are lots of fun and you will have a wonderful time.

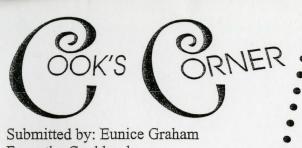
Fundraising: This is a very valuable part of what we do and we are currently preparing to launch our 2002 Car Raffle. We are still looking for secondary prizes

and should you be able to help in this regard, please do not hesitate to call Maurice in our office and he will take the information and relay your message to our Fundraising Chair. Any help you give is always greatly appreciated.

Membership: We are always looking for new members and we are appealing to our wider membership to help in this regard. Out of our wider membership comes our core volunteers and without constantly recruiting new members, our core group of volunteers will dwindle. We are asking each of our members to bring along a minimum of 2 new members for our 40th anniversary in 2002. We will acknowledge your effort at each quarterly meeting next year. We look forward to the success of this initiative and thank you in advance for your effort.

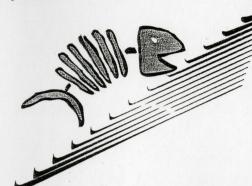
We look forward to seeing you at our next quarterly meeting on November 25, 2001 at 2:00 p.m. On behalf of the Board of Directors, I wish you a MERRY CHRISTMAS and a HAPPY & PROSPEROUS NEW YEAR. See you at our New Year's eve Gala.





From the Cookbook "More Down to Earth Jamaican Cooking"

by Laurice De Gale



King Fish

Cooked in Fresh

Coconut Milk

- 1 lb. King fish steaks
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 2 cups concentrated coconut milk

I onion, sliced in thin rings I tomato, sliced in small rings ½ teaspoon paprika (for colouring) 1 sprig thyme, minced 1 whole Scotch Bonnet pepper

- 1. Wash fish steaks in lime and water and pat dry
- 2. Combine the salt and black pepper
- 3. Rub mixture on both sides, set aside
- 4. Pour coconut milk in a saucepan. bring to a boil, lower heat and simmer until the ingredient slightly thickens
- 5. Add the king fish steaks, onion, tomato, paprika, thyme, and the whole Scotch Bonnet pepper
- 6. Simmer until the ingredient is reduced to curd oil. the onion is limp, and the fish flakes easily when tested with a fork. Be careful not to allow the curd to burn. Taste for flavour and add salt and black pepper if necessary.

UPCOMING EVENTS

EVENT	DATE	TIME LOC	ATION.
United Way Brunch	Sunday, November 11	1:00 4:00 pm	JCA Centre
Membership Committee Volunteer Appreciation Evening	Saturday, November 17	2:00 6:00 pm	JCA Centre
Women's Committee Video: Journey to Justice	Friday, November 23	6:30 pm	JCA Centre
QUARTERLY MEMBERSHIP MEETING	Sunday, November 25	2:00 pm	JCA Centre
Christmas Grand Market	Saturday, December 1	9:00 am 4:00 pm	JCA Centre
Children's Christmas Party	Sunday, December 9	2:00 5:00 pm	JCA Centre
New Year's Eve Gala	Monday, December 31	6:30 pm	JCA Centre
Merritone Dance	Saturday, January 26	7:00 pm	JCA Centre
Boonoonous Brunch	Sunday, February 8	1:00 pm	JCA Centre
Women's Committee: International Women's Day Celebration	March 7, 2002	6:30 pm	JCA Centre
Women's Committee: Round Table Discussion	April 5, 2002	TBA	JCA Centre

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